



UNIVERSITY ORTHOPAEDIC CENTER, PA
RAPHAEL S. F. LONGOBARDI, MD, FAAOS

POST OPERATIVE SHOULDER ARTHROSCOPY INSTRUCTIONS

1. Once awake, (either in the Recovery Room or the Same Day Surgery room), your shoulder will be in a sling. Unless you are told otherwise, you can move the shoulder as much as **comfortable**, but usually only up to the level of the shoulder or to the horizon. You can begin the pre-operative exercises in which you have been instructed; these are called Codman's passive motion or pendulum exercises. You can do no damage by moving your shoulder **passively**.
2. You may remove the dressing the following day, usually in 24 hours after surgery. You may not get the dressing wet while it is still applied to your shoulder.
3. Place over the white steri-strips or sutures on your incisions plain band-aids, if necessary. **Do not remove the steri-strips**. If there is any fluid or blood still leaking out of the wounds, cover them with clean gauze.
4. Once the dressing is removed and the wounds are dry, without drainage, you may shower. As a precaution, you might want to place a plastic wrap or saran wrap over your shoulder if you are unsure.
5. You may place a large bag of ice or frozen vegetables (for example peas) to better conform to the shoulder. Keep this on for 20-30 minutes then off for 20-30 minutes. You may use the ice as for as many days after your surgery as long as you have swelling, but in general, at this frequency for the first 48-72 hours.
6. You will be given prescriptions for pain-relief medications. Use the medications as instructed since you may have some pain. If extreme pain persists or is not controlled by medication, call the office.
7. You may experience some nausea after your surgery, especially if you had general anesthesia. This is a normal response for some people following surgery. It usually subsides within 24 hours after surgery. Eating bland foods and sips of fluids often is helpful.
8. Call the office for a follow-up appointment in the next three to five days, as instructed.
9. Begin your post operative physical therapy program within three to five days of surgery, as instructed. Begin home exercise program as soon possible (as instructed above).